

# Total Body Core!

## Assist and Resist-a-ball!

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Mission: "wellness without walls™"

### INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, L's Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility) Group PT, Ideas over Perfection, iceskaters!
5. Workshop/Masterclass
6. Research:
7. Theme:
8. Partner Height:

### III. PRACTICAL

Group # & Focus	Movement Pattern	Progression/Regression (P/R)
	Feedback from Partner in Seated	
In Groups of 2, each with 1 RAB <b>Stability:</b> Posture	1. <b>Seated</b> Balances	P: touching the other's RAB with your feet to ultimately balance with your feet on your partner's ball
In Groups of 2, each with 1 RAB <b>Mobility:</b>	2. <b>Seated</b> Partner Tossing	Simulate tossing on unilateral or bilateral leg foot support or P: w/feet off of floor in previous position
In Groups of 2, each with 1 RAB <b>Stability</b>	3. <b>Seated</b> Poking Drill	Either seated on your own RAB or standing, gently use one finger to "poke" at your partner to challenge stability. "Poking" partner can stand
In Groups of 2, each with 1 RAB <b>Mobility</b>	4. <b>Seated</b> Assisted Hamstring Flexibility	Facing partner seated, lift one leg to seated ½ staff pose; partner encourages hamstring stretch. Tip: Both raise right legs or left legs. P: One raises R and other raises L
	Feedback from partner in plank	
In Groups of 2, each with 1 RAB <b>Stability</b>	5. Prone <b>Plank</b> Balances	From prone position with core on ball and toes on floor facing partner, reach arms towards arms of partner. P: touch partner's hands w no toes
In Groups of 2, sharing 1 RAB <b>Mobility</b>	6. Walking Wheelbarrow Partner <b>Plank</b>	Holding the feet of partner and RAB under partner's core area, walk partner forward as ball rolls closer to feet; partner on ball to use hands as minimally as possible

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In Groups of 2, using 2 RABs <b>Stability &amp; Mobility</b>	7. <b>Plank</b> Hamstring Throws	One partner w/RAB in plank under core. Standing partner at other's head rolls other RAB from glutes towards feet and prone partner flexes knee to "throw" RAB back towards standing partner
In Groups of 2, sharing 1 RAB <b>Stability</b>	7. Prone <b>Plank</b> Balance	Kneeling on floor with forearms on RAB with head towards partner's head, find stability in plank position. Tip: Sometimes more comfortable w/3 partners and 3 RAB
In Groups of 2, sharing 2 RABs <b>Mobility</b>	8. Prone <b>Plank</b> Elbow Flies	Kneeling on floor with forearms on RAB with head towards partner's head, abduct and adduct shoulders horizontally moving balls distally and medially. P: to executing movement on toes; add more balls and more partners
	Feedback from partner in supine bridge	
In Groups of 2, each with 1 RAB <b>Stability</b>	9. Supine <b>Bridge</b>	Find neutral spine in supine bridge with toes touching partner's toes, knees flexed about 90°; P: add golfer, swimmer, baseball rotations (Chek)
In Groups of 2, each with 1 RAB <b>Mobility</b>	10. Moving <b>Bridge</b>	Find neutral spine in supine bridge with feet between partner's feet. P: extending one knee at a time so all 4 knees are close (adducted hips). Variation: find supine bridge with head against head of partner and flex shoulders overhead towards partner. P: hip flexion before extension as a progression.
	Feedback from partner in Supine EL Bridge position	
In Groups of 2, sharing 1 RAB <b>Stability</b>	11. Supine <b>Bridge</b> EL	Lay on floor w/feet or shins on ball close to partner's feet; extend hips into bridge. P: unilateral stance each lifting R or L foot off of ball
In Groups of 2, sharing 1 RAB <b>Mobility</b>	12. Supine Moving <b>Bridge</b> EL	As previous with 4 feet on ball, but partners take turns flexing knees and extending hips. Partner with extended knees has extended hips. P: unilateral.
Group of 4 with 1 RAB <b>Stability</b>	<b>Kneeling/Standing:</b> 3 around 1 kneeling or standing on ball	Use each other! Team Building!



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Position	SB Role	Other Eq.	Progressions...	Counts
Seated Stability	Under Glutes for stability challenge with uni or bilateral foot placement	Toss MB and challenge proprioception	Occular/visual, vestibular, lever length	
Seated	Under Glutes	GD under Feet	Unilateral or Bilateral ab/adduc.	
Supine Stability	Walk forward to incline/Supine	Hold MB to rotate short or long lever	P1: MB close to core P2: MB farther from core P3: MB throw and catch	1-8 Walk Down 9-16 Rotate L 17-24 Rotate R 25-32 Walk Up
Prone Planks Stability	Stabilize on SB under hips or feet	MB under one hand, execute push-up, roll ball to other hand, repeat. -or- MB between knees or under shins	P1: Stabilization in plank and push-ups with no ball movement P2: roll MB from hand to hand P3: roll MB and push up	1-8 Push up 9-16 Roll ball 17-24 Push up 25-32 Roll ball
Prone Planks Mobility	SB under chest or under hands -or- SB under lower leg	GD under feet  GD in hands	Abduct arms, rotate shoulders	
Bridges	Stability challenge under legs	Between knees or in hands, GD in hands for crunches and shoulder work		
Seated Triceps	Stability for glutes, hands, or both	MB Under 1 or both feet, GD under one or both feet		
Elbow Planks Stability	SB under forearms	MB between knees or under shins		
Supine Bridges (head & neck on ball) Stability &	Stability for core	MB under one hand, take to side, repeat other side		



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<b>Mobility</b>				
<b>T Stands Stability</b>	SB under side of core	On knee of leg closer to floor (90°) and Gliding disk under foot of top leg	Try to stabilize; move core minimally; hip flex and extend with top leg; use support arm less and less	
<b>Kneeling Stability</b>	SB under knees for Stability	MB toss	Challenge with arm bilateral and unilateral patterns	

**Mini-Vini for Core and Balance:** Sun Salutation, Moon Poses, Standing Cat, Planks, Crow, Camel, Crow, Bow, Locust, Seated Staff, Reverse Plank w/hands on ball, Wheel, Peacock, Child, Corpse

Summary:

Home-Work:

Resources: [www.resistaball.com](http://www.resistaball.com), power-systems.com, fitwisetraining.com

Final Take-Home Messages:

*This program is conceived and offered at Golden Door Spas, which all proudly feature Reebok University programming and unique fusion creations like "Yo-Chi"® To find out about Lawrence's recent projects, and for lots of free stuff, find Lawrence at [findLawrence.com](http://findLawrence.com)!*



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